



# AUGUST



Robinette Senior Center  
1423 S. Ellison Dr. Bldg 2  
San Antonio, TX. 78245  
210-207-3260

(Note: Calendar subject to change without advance notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9a-12p and 1p-3p End of Summer Boardwalk Carnival!! Wear Beach Attire!
4 Senior Lunches back to 11:00am. Yay! 8:30a-10:30a Cornhole Practice(DR)	5 10:00a-11:00a Transportation Loteria "Road Safety"-COSA Transportation Dept.- Denise(DR)	6 8:30a-10:30a Cornhole Practice(DR) 10:00a-10:30a Volunteer Training(DR)	7 10:00a-11:00a New Member Orientation (DR)  12:00p-1:00p Bingo-Johnny D(DR)	8 9:00a -Field Trip Wonderland Mall (Walk) 12:30p-1:30p Game of Trivia-Johnny (DR)
11 1:30p-2:30p New Member Orientation (DR)	12 9:30a-10:30a ACCOG-Medicare Info Table and Presentation— Lydia(DR) 2:00p-3:00p SA Food Bank-Blood Sugar Balance-Silvia (DR)	13 8:30a-10:30a Cornhole Practice(DR) 8:30a -Field Trip SAS Factory Tour (please read tour guidelines)	14 9:15a-10:30a Craft-Rock Painting- Johnny (DR) 12:15p-1:15p Loteria- Jorge( DR)	15 8:30a-10:30a Cornhole Practice (DR) 12:30p-2:00p Movie Time (DR)
18 9am-Begins Produce Market Sign-up Sheet at the Front Desk 12p-12:30p Senior Games Infor- mation and Sign-Ups (DR)	19 10:00a-11:00a New Member Orientation (DR) 11:00a-1:00p UT Health Mobile Mam- mogram Info/Sign-up Table-Crystal(DR)	20 8:30a-10:00a Cornhole Practice(DR) 12p-1p Game of Trivia-Johnny (DR)	21 8:30a-10:30a Cornhole Practice (DR) 9:00a -Field Trip Holocaust Museum 12:00p-1:00p Bingo-Johnny D(DR)	22 10:15a-10:30a Nutrition Ed-Watermelon (DR) 10:30a-10:45a Health Talk w/Nurse(DR) 2:30p Center Closure
25 8:30a-10:30a Cornhole Practice(DR)  1:30p-2:30p New Member Orientation (DR)	26 10:15a-10:30a Nutrition Ed- Watermelon(DR) 2:00p-3:00p SA Food Bank-Prebiotics and Probiotics -Silvia (DR)	27 8:30a-10:00a Cornhole Practice(DR) 10:00a-11:00a CareGiver SOS INFO- Jennifer (DR)	28 9:00a-Field Trip -Dixie Flag Company 12:15p-1:15pm Loteria-Jorge DR)	29 8:30a-10:30a Cornhole Practice (DR) 9:15a-10:30a Craft-Rock Painting- Johnny (AR) 10a-10:30a Robin Roost Store (AR)

## DAILY ACTIVITIES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Technology Class OATS-(Spanish) 8:00a-9:00a (CR) -Brenda 8/4,11,18,25 -Como Ahorrar Dinero- con la tecnologia	 8:00a-10:30a Quilting- Carolina(AR)	9:00a-10:00a YMCA -Silver Sneakers -Ener-Chi -Natalie (Gym)	9:00a-10:00a YWCA -Line Dance - Jane (Gym)	8:00a-9:00a YMCA -Chair Yoga -Erma (Gym)
9:00a-11:00a Crochet/Knitting -Maria (AR) Everyone Welcome! Mostly Spanish.	9:00a-10:00a YWCA - Zumba Gold - Jessica (Gym)	9:00a-10:30a Advance Sewing Class- (Must have your own Sewing Supplies)- Jane B. (AR)	9:00a-11:00a Bihl Haus -Beginning Drawing -Liz(AR)	9:30a-11:00a Urban 15 -A Bailar (Gym)
9:15a-10:15a Learn Table Games-Pedro (DR)	9:00a-11:00a Medicare Assist. Info/ Table (Hallway)	10:30a-11:15a YWCA -Yo-Chi -Jessica (Gym)	9:00a-11:00a OASIS Computer Class (Check Flyer for Topics)-William (CR)	9:30a-10:00a How to Use Fitness Equip- ment (ask at front desk)
9:30a-10:00a WellMed-Stretch Class- Marivel (Gym)	10:00a-11:00a YMCA -Yoga- Erma (Gym) 	11:30a-12:30p Wednesdays GYM Walkabout (Gym)	 10:00a-11:00a YMCA-SS Classic - Natalie (Gym)	12:00p-1:30p Friday Fun Day in The Gym Day
10:00a-11:00a YMCA-Line Dancing -Inez (Gym)	11:00a-12:00p Basketball Free Play	Technology Class -OATS-(English) 1:30p-2:30p (CR) -Rolona 8/6, 13, 20, 27 -Privacy and Security Primer Series	11:00a-12:00p Basketball Free Play	12:00p-2:00p Monthly Movie (DR) 8/15-Movie "IF" (2024)
12:30p-1:30p YMCA -Zumba Gold - Robyn (Gym)	12:00p-2:00p KARAOKE- (volunteer led)-Art A (DR) 	12:00p-2:00p Chair Volleyball (Beginners only) (Gym)	12:00p-1:30p Seniors in Play (AR)	Starring: Cailey Fleming and Ryan Reynolds. Film Summary: Bea's life takes an extraorin- dary turn when she gains the ability to see people's imaginary friends. She soon meets Cal, who is try- ing to pair these beings with new children.
Technology Class - OATS-(English) 1:30p-2:30p (CR)- Rolona 8/4,11, 25 8/18 Cancelled -Privacy and security Primer Series	12:00p-2:00p Chair Volleyball (Beginners only) (Gym)	1:00p-3:00p Bihl Haus -Beginning Painting -Liz(AR)	1:00p-3:00p OASIS Computer Class (Check Flyer for Topics)-William (CR) 	

## **WELCOME TO ROBINETTE SENIOR CENTER!**

**All Bexar County Resident Seniors 60+  
are eligible to register to be a member.  
Membership is free!**

### **Senior Center Hours**

Mon-Thur: 7:00am-8:00pm  
Friday: 7:00am-4:00pm

### **LUNCH TIME!**



### **H.E.A.L. PROGRAM**

(Healthy Eating, Aging, Living)

Join us for a healthy lunch with friends or meet new ones.  
**Lunch Ticket Distribution - 8:30am-11:00am (or until  
tickets run out).**

Lunch is served from 11:00am-12:00pm (while supplies last.)  
Lunch is on a first come, first served basis. So come early.

**Senior lunch time, during Summer Youth Program,  
will change from 12:00pm—1:00pm.**

**\*NOTE: Meals Cannot be Taken Out of Dining Room**

**Meal Program Requirement: Members Must attend one 15  
minute Nutrition Education Class each year.**

### **NEW**

### **MEMBER ORIENTATION** **(CHECK CALENDAR FOR TIMES)**

### **MORE ACTIVITIES!** **MORE HOURS!**

Senior Services  
Extended Hours Program  
4pm -8pm.

Remember to sign in after 4pm at  
Lobby kiosk

### **Fitness Area and Classes**

Please wear appropriate workout attire  
(i.e. sneakers, gym pants/shorts, etc.)

No jeans No Sandals

Only water bottles allowed. Fitness  
Equipment Orientation Fridays at  
9:30am to 10:00am.

**\*Shuttle Bus reservations should be made no later than  
3:30pm Tuesday, prior to the week for pick up service.  
See front desk for assistance\*  
(Qualified members only)**



### **Health Screenings**

w/ **Nurse Marivel LVN**

Monday, Tuesday, Friday

Office Hours: 8am-3:30pm

(closed for 1 hr lunch)

**Blood Pressure \*Blood Sugar\*  
Weight/BMI (body mass index)**



## **RULES of CONDUCT**

1. Participant should not use language or behave in an obscene, abusive, hostile, insulting, harmful, or disrespectful manner towards Center staff, volunteers, guests or other participants. This includes engaging in physical contact that is unsolicited or without consent, including kissing or touching.
2. Participant should not harass or discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, veteran status, age, or disability.
3. Participant should not gamble for money, panhandle, sell products, or smoke (which includes vaping and e-cigarette products) at the Center or grounds.
4. Participant should not bring illegal drugs or alcoholic beverages into the Center, or be under the influence.
5. Participant should not bring or consume food or beverages in the computer labs.
6. Participant should not attend the Center if suffering from a contagious illness that may be transmitted to staff, volunteers, guests or other participants.
7. Participant should not use the Center to store personal property or as a place to receive deliveries or mail.
8. Participants should not steal, destroy or damage property in the Center.
9. Only drinks with tops are allowed outside of the Dining Room.
10. Hot Meals, as well as juice or milk, are not allowed to be taken home; they must be consumed during lunch hour in the Dining Room.

## **HELLO AUGUST**

And

## **GOODBYE SUMMER**

## **IMPORTANT CENTER DATES and THINGS to REMEMBER**

Please remember to bring your Membership Card at all times to  
**CHECK-IN at the FRONT DESK.** You will also need your Membership Card to  
check-in for lunch in the Dining Room.

**Hot Meals Cannot be TAKEN OUT of Dining Room. This includes juice and milk.**

**EARLY CLOSURE AT 2:30pm every fourth Friday of the Month!**

**End of the Summer Boardwalk Carnival will be held August 1st! Beach wear is encouraged  
within reason.**

**Senior Center Games will take place throughout the month of September. Info meeting August  
18th @12pm.**

**Sign up for various Senior Games competitions to represent The Raging Robins of Robinette!**



Monday	Tuesday	Wednesday	Thursday
<p>4</p> <p>Silver &amp; Fit (Circuit Style) YMCA Ava (GM) 4-5pm</p> <p>ZUMBA (DR) 6:30-7:30pm (Parks)</p> <p>Robin Roost Store 5PM-6PM</p> <p>Last Day For Green Bucks</p>	<p>5</p> <p>Tech Class /OATS Entertainment Program Series Session 9/10 - Elizabeth 4-5pm (CR)</p> <p>Arts &amp; Crafts 5-6pm (AR)</p> 	<p>6</p> <p>Tech Class /OATS Entertainment Program Series Session 10/10 -Elizabeth 4-5pm (CR)</p> <p>BINGO 5-6pm (DR)</p>  <p>YOGA Sculpt Sculpt 6:30-7:30pm (Parks) ( GM)</p>	<p>7</p> <p>Line Dancing (GM) YMCA-Jane 4pm – 5pm</p> <p>Loteria 5-6pm (DR)</p> 
<p>11</p> <p>Silver &amp; Fit (Circuit Style) YMCA Ava (GM) 4-5pm</p> <p>ZUMBA (DR) 6:30-7:30pm (Parks)</p>	<p>12</p> <p>Tech Class /OATS Graduation Entertainment Program Series - Elizabeth 4-5pm (CR)</p> <p>Games 5-6pm (LOBBY)</p> 	<p>13</p> <p>Tech Class /OATS: Digital Coupon Tools Elizabeth 4-5pm (CR)</p> <p>Loteria 5-6pm (DR)</p>  <p>YOGA Sculpt Sculpt 6:30-7:30pm (Parks) (GM)</p>	<p>14</p> <p>Line Dancing (GM) YMCA-Jane 4pm – 5pm</p> <p>BINGO 5-6pm (DR)</p> 
<p>18</p> <p>Silver &amp; Fit (Circuit Style) YMCA Ava (GM) 4-5pm</p> <p>ZUMBA (DR) 6:30-7:30pm (Parks)</p>	<p>19</p> <p>Tech Class /OATS Finding Money Saving Programs Online-Elizabeth 4-5pm (CR)</p> <p>Arts &amp; Crafts 5-6pm (AR)</p>  <p>Heritage NA 7-8PM (DR)</p>	<p>20</p> <p>Tech Class /OATS: Graphic Design Tools Elizabeth 4-5pm (CR)</p> <p>BINGO 5-6pm (DR)</p>  <p>YOGA Sculpt 6:30-7:30pm (Parks) ( GM)</p>	<p>21</p> <p>Line Dancing (GM) YMCA-Jane 4pm – 5pm</p> <p>Loteria 5-6pm (DR)</p> 
<p>25</p> <p>Silver &amp; Fit (Circuit Style) YMCA Ava (GM) 4-5pm</p> <p>ZUMBA (DR) 6:30-7:30pm (Parks)</p>	<p>26</p> <p>Tech Class /OATS Introduction To Photo Editing Tools Elizabeth 4-5pm (CR)</p> <p>Games 5-6pm (LOBBY)</p>  <p>TOWN HALL Meeting– D4 Budget-6:30-8PM (DR)</p>	<p>27</p> <p>Tech Class /OATS : Introduction To Translation Tools Elizabeth 4-5pm (CR)</p> <p>Loteria 5-6pm (DR)</p>  <p>YOGA Sculpt 6:30-7:30pm (Parks) ( GM)</p>	<p>28</p> <p>Line Dancing (GM) YMCA-Jane 4pm – 5pm</p> <p>BINGO 5-6pm (DR)</p>  <p>Robin Roost Store 6PM—7 PM</p>
<p>Room Key</p> <p>(DR) Dining Room (CR) Computer Room (AR) Art Room (GM) Gym</p>			<p>The Department of Human Services is committed to providing San Antonio older adults with comprehensive services that will empower the older adult community to lead active, independent, and engaged lives.</p>



 				August 2025	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7/28/2025	7/29/2025	7/30/2025	7/31/2025	8/1/2025	
BBQ Smoked Brisket [11] Rosemary Roasted Potatoes [19] ♥ Seasoned Green Beans [7] ♥ <i>Wheat Bread [14] ♥</i> <i>Diced Peaches [14] ♥</i> 2% Milk [12] ♥  665 calories/35 g protein	Chicken Parmigiana [19] Garlic Buttered Penne [22] ♥ Parslied Peas & Carrots[10] ♥ <i>Whole Grain Dinner Roll [13] ♥</i> <i>Orange[17] ♥</i> 2% Milk [12] ♥  695 calories/44 g protein	Beef Tamales[24] Spanish Rice [24] Zesty Black Beans [20] <i>Mild Salsa [3]</i> <i>Grapes [11] ♥</i> 2% Milk [12] ♥  640 calories/30 g protein	Chicken Tenders [16] Mac n' Cheese [23] Mixed Vegetable Medley [13] ♥ <i>Ketchup [6] ♥</i> <i>Banana [26] ♥</i> 2% Milk [12] ♥  725 calories/44 g protein	Salisbury Steak [7] Roasted Sweet Potatoes [14] ♥ Seasoned Brussels Sprouts [7] ♥ <i>Buttermilk Biscuit [27]</i> <i>Apple Slices [8] ♥</i> 2% Milk [12] ♥  640 calories/30 g protein	
8/4/2025	8/5/2025	8/6/2025	8/7/2025	8/8/2025	
Turkey Chili Cornbread Bowl [44] Mixed Vegetable Medley [13] ♥ Cauliflower Florets [4] ♥ <i>Mixed Fruit [16] ♥</i> 2% Milk [12] ♥  640 calories/35 g protein	Teriyaki Beef & Broccoli [9] over Steamed Brown Rice [22] ♥ Vegetable Spring Rolls [13] Ginger Glazed Carrots [7] ♥ <i>Fortune Cookie [4] ♥</i> <i>Fresh Orange [17] ♥</i> 2% Milk [12] ♥  635 calories/37 g protein	Chicken Fried Chicken [15] Garlic Mashed Potatoes [17] ♥ Southern Style Okra [9] ♥ <i>Cornbread Loaf [29] ♥</i> <i>Grapes [11] ♥</i> 2% Milk [12] ♥  715 calories/35 g protein	Beef Stroganoff [17] Italian Veggie Medley [13] ♥ Herbed Green Peas [12] ♥ <i>Whole Grain Dinner Roll [13] ♥</i> <i>Banana [26] ♥</i> 2% Milk [12] ♥  640 calories/44 g protein	Chicken Enchiladas [32] Cilantro Lime Rice [24] Refried Beans [24] ♥ <i>Apple Slices [8] ♥</i> 2% Milk [12] ♥  695 calories/34 g protein	
8/11/2025	8/12/2025	8/13/2025	8/14/2025	8/15/2025	
Homestyle Meatloaf [8] with Mashed Potatoes [17] ♥ Seasoned Brussels Sprouts [7] ♥ Sweet Corn [18] ♥ <i>Wheat Bread [14] ♥</i> <i>Diced Pears [17] ♥</i> 2% Milk [12] ♥  640 calories/33 g protein	King Ranch Chicken [15] Herbed Green Beans [7] ♥ Carrot Coins [8] ♥ <i>Tortilla Chips [30]</i> <i>Fresh Orange [17] ♥</i> 2% Milk [12] ♥  700 calories/42 g protein	Three Cheese Lasagna [39] Buttery Garlic Knot [18] ♥ Winter Vegetable Medley [7] ♥ <i>Grapes [11] ♥</i> 2% Milk [12] ♥  625 calories/34 g protein	Smothered Chicken [3] Cornbread Dressing [25] Normandy Vegetable Medley [7] ♥ <i>Whole Grain Dinner Roll [13] ♥</i> <i>Banana [26] ♥</i> 2% Milk [12] ♥  625 calories/36 g protein	Flame Grilled Cheeseburger [2] Roasted Potato Wedges [19] ♥ Mixed Vegetable Medley [13] ♥ <i>WG Hamburger Bun [23]</i> <i>Lettuce/Tomato/Onion Garnish [4] ♥</i> <i>Ketchup and Mustard [2]</i> <i>Apple Slices [8] ♥</i> 2% Milk [12] ♥  635 calories/33 g protein	
8/18/2025	8/19/2025	8/20/2025	8/21/2025	8/22/2025	
BBQ Glazed Chicken [11] Mac n' Cheese [23] Southern Style Green Beans [8] ♥ <i>Cornbread Loaf [29] ♥</i> <i>Diced Peaches [14] ♥</i> 2% Milk [12] ♥  725 calories/35 g protein	Lemon Buttered Pollock [13] Creamy Alfredo Noodles [25] Parslied Peas & Carrots [10] ♥ <i>Whole Grain Dinner Roll [13] ♥</i> <i>Tartar Sauce[1] ♥</i> <i>Fresh Orange [17] ♥</i> 2% Milk [12] ♥  775 calories/36 g protein	Tangerine Chicken [26] over Vegetable Fried Rice [24] ♥ Steamed Dumplings [12] ♥ Broccoli w/ Red Peppers [5] ♥ <i>Fortune Cookie [4] ♥</i> <i>Grapes [11] ♥</i> 2% Milk [12] ♥  630 calories/30 g protein	Swiss Steak [11] Scalloped Potatoes [22] Mixed Vegetable Medley [13] ♥ <i>Wheat Bread [14] ♥</i> <i>Banana [26] ♥</i> 2% Milk [12] ♥  680 calories/33 g protein	Chicken Salad Sandwich[3] California Pasta Salad[13] Chilled 3 Bean Medley [14] <i>WG Hamburger Bun [23]</i> <i>Raisins [30] ♥</i> <i>Apple Slices [8] ♥</i> 2% Milk [12] ♥  720 calories/47 g protein	
8/25/2025	8/26/2025	8/27/2025	8/28/2025	8/29/2025	
Steak Fingers [15] with Mashed Potatoes [17] ♥ Herbed Green Peas [12] ♥ Country Gravy [6] ♥ <i>Whole Grain Dinner Roll [13] ♥</i> <i>Mixed Fruit [16] ♥</i> 2% Milk [12] ♥  680 calories/31 g protein	Manicotti in Red Sauce [42] Seasoned Brussel Sprouts [7] ♥ Candied Carrot Coins [8] ♥ <i>Wheat Bread [14] ♥</i> <i>Fresh Orange [17] ♥</i> 2% Milk [12] ♥  725 calories/37 g protein	Turkey Picadillo [12] Spanish Rice [24] ♥ Seasoned Green Beans [7] ♥ <i>Tortilla Chips [30]</i> <i>Grapes [11] ♥</i> 2% Milk [12] ♥  685 calories/35 g protein	Breaded Chicken Piccata [13] Herbed Bow Tie Pasta [22] ♥ Italian Vegetable Medley [13] ♥ <i>Whole Grain Dinner Roll [13] ♥</i> <i>Banana [26] ♥</i> 2% Milk [12] ♥  685 calories/40 g protein	Sloppy Joe Cornbread Bowl [47] Mixed Vegetable Medley [13] ♥ Cauliflower Florets [4] ♥ <i>Apple Slices [8] ♥</i> 2% Milk [12] ♥  680 calories/31 g protein	
<b>Legend</b> [g of carbs], ♥= 140mg sodium or less per serving, * = contains nuts; BOLD = in tray, Italic = Outside of Tray 🥚 =Meatless Meal (may contain eggs and/or dairy)					
<b>Comments</b> 1. Fortified Apple Juice 120 calories, 0 g protein, 28 g CHO and 25mg sodium 2. For those watching their carbohydrate intake, the amount (g) of carbs per serving is listed beside each menu item in brackets [ ]. It is recommended that meals consist of 45-75 g of carbohydrates.					



Agosto 2025

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
7/28/2025	7/29/2025	7/30/2025	7/31/2025	8/1/2025
Brisket BBQ Ahumada [11] ▼ Patatas Asadas con Romero [19] ▼ Ejotes Verdes [7] ▼ Panecillo [14] ▼ Duraznos Cortados en Cubitos [14] ▼ 2% Leche [12] ▼	Pollo a al Parmesana [19] ▼ Pasta con Mantequilla y Ajo [22] ▼ Chicharos y Zanahorias [10] ▼ Panecillo [13] ▼ Naranja [17] ▼ 2% Leche [12] ▼	Tamales de Carne [15] ▼ Arroz Español [24] ▼ Frijoles Negros [20] ▼ Salsa [3] ▼ Uvas [11] ▼ 2% Leche [12] ▼	Filetes de Pollo [16] ▼ Macarrones con Queso [23] ▼ Mezcla de Vegetales [13] ▼ Ketchup [6] ▼ Plátano [26] ▼ 2% Leche [12] ▼	Filet Salisbury [7] ▼ Camotes Asados [14] ▼ Repollitos de Bruselas [7] ▼ Panecillo [27] ▼ Rebanadas de Manzanas [8] ▼ 2% Leche [12] ▼
665 calorías / 35 g proteína	695 calorías / 44 g proteína	640 calorías / 30 g proteína	725 calorías / 44 g proteína	640 calorías / 30 g proteína
8/4/2025	8/5/2025	8/6/2025	8/7/2025	8/8/2025
Chili de Pavo ▼ sobre Pan de Maíz Dulce [44] ▼ Mezcla de Vegetales [13] ▼ Floretes de Coliflor [4] ▼ Mezcla de Frutas [16] ▼ 2% Leche [12] ▼	Teriyaki de Carne con Brócoli [9] ▼ sobre Arroz Integral al Vapor [22] ▼ Rollito de Primavera de Verduras [13] ▼ Zanahorias con Jengibre [7] ▼ Galleta de la Fortuna [4] ▼ Naranja [12] ▼ 2% Leche [12] ▼	Pollo Frito con Pollo [15] ▼ Puré de Papas al Ajo [17] ▼ Okra y Tomates [9] ▼ Pan de Maíz [29] ▼ Uvas [11] ▼ 2% Leche [12] ▼	Stroganoff de Res [13] ▼ Mezcla de Vegetales [13] ▼ Chicharos [12] ▼ Panecillo [13] ▼ Plátano [26] ▼ 2% Leche [12] ▼	Enchiladas de Pollo [32] ▼ Arroz con Cilantro y Lima [24] ▼ Frijoles Refritos [24] ▼ Rebanadas de Manzanas [8] ▼ 2% Leche [12] ▼
640 calorías / 35 g proteína	635 calorías / 37 g proteína	715 calorías / 35 g proteína	640 calorías / 44 g proteína	695 calorías / 34 g proteína
8/11/2025	8/12/2025	8/13/2025	8/14/2025	8/15/2025
Pastel de Carne [8] ▼ sobre Puré de Papas [17] ▼ Repollitos de Bruselas [7] ▼ Elote [18] ▼ Panecillo [14] ▼ Peras Cortadas en Cubitos [17] ▼ 2% Leche [12] ▼	Pollo a la Cazuela King Ranch [15] ▼ Ejotes Verdes [7] ▼ Zanahorias [8] ▼ Tortilla Chips [30] ▼ Naranja [17] ▼ 2% Leche [12] ▼	Lasaña de Queso [39] ▼ Pan de Ajo [18] ▼ Brócoli y Coliflor [7] ▼ Uvas [11] ▼ 2% Leche [12] ▼	Pollo con Salsa [3] ▼ Relleno de Pan de Maíz [25] ▼ Mezcla de Vegetales [7] ▼ Panecillo [13] ▼ Plátano [26] ▼ 2% Leche [12] ▼	Hamburguesa con Queso [2] ▼ Papas Asadas [19] ▼ Mezcla de Vegetales [13] ▼ Pan de Hamburguesa [23] ▼ Lechuga, Cebolla y Tomate [4] ▼ Ketchup y Mostaza [2] ▼ Rebanadas de Manzanas [8] ▼ 2% Leche [12] ▼
640 calorías / 33 g proteína	700 calorías / 42 g proteína	625 calorías / 34 g proteína	625 calorías / 36 g proteína	635 calorías / 33 g proteína
8/18/2025	8/19/2025	8/20/2025	8/21/2025	8/22/2025
Pollo a la Barbacoa [11] ▼ Macarrones con Queso [23] ▼ Ejotes Verdes y Tomates [8] ▼ Pan de Maíz [29] ▼ Duraznos Cortados en Cubitos [14] ▼ 2% Leche [12] ▼	Pescado al Limón y Mantequilla [13] ▼ Pasta con Alfredo [25] ▼ Chicharos y Zanahorias [10] ▼ Panecillo [13] ▼ Salsa Tártara [1] ▼ Naranja [17] ▼ 2% Leche [12] ▼	Pollo a la Mandarina [26] ▼ sobre Arroz Frito de Verduras [24] ▼ Empanadillas de Verduras [12] ▼ Brocoli con Pimientos Rojos [5] ▼ Galleta de la Fortuna [4] ▼ Uvas [11] ▼ 2% Leche [12] ▼	Filete de Res Suizo [11] ▼ Papas con Queso [22] ▼ Mezcla de Vegetales [13] ▼ Panecillo [14] ▼ Plátano [26] ▼ 2% Leche [12] ▼	Sandwich de Ensalada de Pollo [3] ▼ Ensalada de Pasta [13] ▼ Ensalada de Tres Judías [14] ▼ Pan de Hamburguesa [23] ▼ Pasas [30] ▼ Rebanadas de Manzanas [8] ▼ 2% Leche [12] ▼
725 calorías / 35 g proteína	775 calorías / 36 g proteína	630 calorías / 30 g proteína	680 calorías / 33 g proteína	720 calorías / 47 g proteína
8/25/2025	8/26/2025	8/27/2025	8/28/2025	8/29/2025
Deditos de Filete Empanados [15] ▼ sobre Puré de Papas [17] ▼ Chicharos [12] ▼ Salsa de Campo [6] ▼ Panecillo [13] ▼ Mezcla de Frutas [16] ▼ 2% Leche [12] ▼	Manicotti en Salsa Roja [42] ▼ Repollitos de Bruselas [7] ▼ Zanahorias [8] ▼ Panecillo [14] ▼ Naranja [17] ▼ 2% Leche [12] ▼	Picadillo de Pavo [12] ▼ Arroz Español [24] ▼ Ejotes Verdes [7] ▼ Tortilla Chips [30] ▼ Uvas [11] ▼ 2% Leche [12] ▼	Piccata de Pollo [13] ▼ Pasta con Hierbas [22] ▼ Mezcla de Vegetales [13] ▼ Panecillo [13] ▼ Plátano [26] ▼ 2% Leche [12] ▼	Sloppy Joe ▼ sobre Pan de Maíz Dulce [47] ▼ Mezcla de Vegetales [13] ▼ Floretes de Coliflor [4] ▼ Rebanadas de Manzanas [8] ▼ 2% Leche [12] ▼
680 calorías / 31 g proteína	725 calorías / 37 g proteína	685 calorías / 35 g proteína	685 calorías / 40 g proteína	680 calorías / 31 g proteína
Para mas información llame al 210-207-7172. Menu sujeto a disponibilidad y cambio sin previo aviso.				
Leyenda				
[gramos de carbohidratos]; ▼= 140mg de sodio o menos por porción; * = contiene nueces; NEGRITA = en bandeja, Cursiva = fuera de la bandeja				
🐟 =comida amigable para los pescadores				
Comentarios				
1. Jugo de manzana fortificado 120 calorías, 0 g de proteína, 28 g de CHO y 25 mg de sodio. 2. Para aquellos que controlan su consumo de carbohidratos, la cantidad (gramos de carbohidratos por porción aparece al lado de cada elemento del menú entre parentesis [1]. Se recomienda que las comidas consten de 45 a 75 gramos de carbohidratos, mientras que la merienda conste de 15 a 30 gramos de carbohidratos.				